Fat Burn

Intermediate | 8 min | 78 Kcal

1		Alternating Beat Abs	30 Seconds
2		Full vertical crunch	x30 Reps
	Rest		15 Seconds
3		Alternating Beat Abs	30 Seconds
4		Full vertical crunch	x30 Reps
	Rest		15 Seconds
5		Leg Push	x30 Reps
6		Cycling Abs	30 Seconds
	Rest		15 Seconds
7		Leg Push	x30 Reps

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8		Cycling Abs	30 Seconds

Rest **15 Seconds**

9		Alternating Beat Abs	30 Seconds
10		Side Plank resting on elbow	x10 Reps

Abify

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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